Daily Learning Planner
Ideas families can use to help students do well in school

Rockdale County Public Schools

September 2022

1. Encourage your teen to set specific learning goals for this year.
2. Make plans to participate in back-to-school night. Learn what teachers expect of their students.
3. To increase your teen’s vocabulary, use unfamiliar words in conversation. Curiosity may lead your teen to the dictionary.
4. Does your teen have a regular study schedule? Students should set aside time every day for homework and studying.
5. Explore the public library’s nonfiction collection together. What subjects interest your teen?
6. Discuss the connection between rights and responsibility. Rights are earned with responsible behavior.
7. Collect photos and memorabilia from your teen’s high school years. They will make a treasured graduation gift.
8. Charge laptops and cell phones out of your teen’s bedroom at night. Teens should be sleeping, not texting or checking social media.
9. Teens respond best to praise that is specific rather than general. “You did a really thorough job of cleaning the kitchen,” not “You’re great.”
10. Is your teen’s room messy? Have your student set a timer for a 15-minute pick-up blitz before taking part in a recreational activity.
11. Prepare your teen’s favorite breakfast and share it together. Make this a monthly tradition.
12. Ask your teen’s opinion about something. Your student probably knows things you don’t about topics of interest.
13. Discuss honesty with your teen, and why it is so important. Point to examples of people who demonstrate honesty.
14. Let your teen see you reading often.

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

15. Together, find out how and when your teen can register to vote.
16. Make an appointment with your teen to do something fun together. Write it on your calendar.
17. Why do teens use drugs? The three top reasons are: people I know do it, popular media makes it look cool, and to relieve stress or sadness.
18. If your teen wants a job, limit work hours to fewer than 10 per week. It’s best for students to avoid working on school nights if possible.
19. Set a good example at homework time by doing some work yourself.
20. Discuss a controversial issue with your teen. Ask, “What do you think?”
21. Today is International Peace Day. Talk with your teen about what it means to be at peace and ways to achieve it.
22. Challenge your teen to solve silly math problems, such as “How many hours until your birthday?”
23. Find out about school events for families this fall. Plan to attend one.
24. Encourage your teen to compare prices and return policies before buying something.
25. Emphasize the importance of attending every class, every day.
26. Bow out of power struggles. Unless it’s a matter of safety, let your teen experience the consequences of misbehavior.
27. Help your teen set and stick to a regular bedtime.
28. Encourage your teen to schedule several short study sessions in the days before a test and to avoid all-night cramming.
29. Take a walk with your teen.
30. Say that you believe your teen can do well in school. This makes students more likely to do so.
October 2022

1. Look for ways to give your teen more responsibility. Most teens can make their own medical appointments, for example.
2. Have your teen spend 10 minutes at night preparing for the next day.
3. Turn off all digital devices and have a family reading night. Make it a regular event.
4. Have a contest: How many words can family members make from the letters in the word OCTOBER?
5. Look for a skill you and your teen can learn together. It’s a fun way to get to know each other on a new level.
6. Write an encouraging note and tuck it in a place where your teen will see it.
7. Help your teen look for a community service project.
8. Teens may say, “Everyone else is doing it.” Don’t cave in. Say, “Well, we aren’t.”
9. Share a funny cartoon or interesting article with your teen.
10. Have you met your teen’s teachers? If not, set up appointments soon.
11. Ask if your teen has any school-related fears or concerns.
12. Keep nutritious foods handy, such as sliced vegetables and fresh fruit.
13. Go online with your teen to research information about colleges.
14. Ask your teen to plan and schedule a fun family night.
15. Help your teen see both sides of an argument. Trade sides, then each of you respond as you think the other person would.
16. Make sure your teen knows that schoolwork comes before part-time jobs, friends or sports.

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17. Discuss friendship. What qualities does your teen value in a friend?
18. Mention how something you learned in school has helped you in life.
19. Talk with your teen about sex. Share your values and make it clear that not all teens are sexually active.
20. Encourage your teen to tutor. Teaching someone else can strengthen your student’s own grasp of a subject.
21. Suggest that your teen check out the career planning services at school.
22. Watch the news together. Locate places mentioned on a world map.
23. Behavior says a lot. Pay attention to your teen’s body language.
24. Help your teen set priorities when studying. Which task is most important? Due first? Most difficult?
25. Get two copies of a best seller so you and your teen can both read and discuss it.
26. Is your teen studying a foreign language? Look online to find publications in that language.
27. Ask your teen about favorite and not-so-favorite classes.
28. Make plans to include one of your teen’s friends in a family weekend activity. It’s a great way to get to know your student’s peers.
29. Before a big test, encourage your teen to make a list of possible questions the teacher might ask and then answer them.
30. Encourage your teen to do a good deed for someone, like a neighbor or a teacher.
31. Challenge family members to learn two or three new vocabulary words each week. Try to use them in conversation.

November 2022

1. Use time in the car or on the bus to talk together. Ask if there’s anything your teen would like to discuss. Then listen.
2. Teach your teen to ask who, what, when, where, why and how when doing research.
3. Remember that your teen learns from your actions more than your words.
4. When you are having a conversation, don’t talk for more than 30 seconds at a time before letting your teen have a turn.
5. Have your teen practice estimating. How many miles should your family be able to drive on a tank of gas?
6. Talk with your teen about a choice you have made. Then talk about the consequences of that choice.
7. Teens need time alone with their thoughts. Suggest activities your teen can do alone—crafts, reading or listening to music.
8. If you’re making a big purchase, list features that are important. Then ask your teen do the research to find the best buy.
9. Ask what your teen is thinking about education or career plans after high school.
10. When your teen tells you something important, repeat it to make sure you understood.
11. Teens don’t always know how to say no. Role-play different situations so your teen can practice a variety of ways to say it.
12. Go to your teen’s school events if possible. Being there shows that education is important to you—and so is your teen.
13. Enjoy some physical activity with your teen.
14. Tell your teen about your day in as much detail as you would like to hear about your teen’s day.

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15. Before engaging in conflict with your teen, ask yourself, “Is this really an issue that is worth a major battle? Or is compromise possible?”
16. Teach your teen the difference between goals and dreams. A goal is a dream with a deadline.
17. Ask about your teen’s best experience at school today.
18. When your teen reviews class notes, suggest drawing pictures of the main concepts.
19. If your teen earns low grades, don’t get angry. Instead, help your student set goals for improvement and plan steps to reach them.
20. Teens need positive feedback. Those who don’t get enough may seek intimacy and the feeling of closeness from others.
21. Listen to an audiobook with your teen.
22. Ask your teen’s advice on a problem you are facing.
23. Does your teen have an opinion on a subject of local interest? Suggest writing a letter to the editor of the newspaper or an elected official.
24. Make a list of all the things that make your family members thankful.
25. Ask your teen to photograph “A day in the life of our family.”
27. Have your teen check out your local library’s website.
28. When reviewing your teen’s work, comment on correct answers before mentioning the incorrect ones.
29. Avoid compliments that really aren’t—“You’d be great if only...”
30. Point out an example of prejudice to your teen. Talk about ways to deal with intolerance.